

## Pool Strokes and Rolls Check-Up

Start time: 11:30am (Forker)

Get changed: shorts, paddling shirt/rash guard – 3min (11:33am)

On water time: 11:30am to 3:00pm (Forker pool)

Check paddles, kayaks, spray skirts – 2min (11:35am)

Paddles: duct tape hand widths inside grips, duct tape power face, discuss power box and joint safety (torso rotation, flex in joints) – 3min (11:38am)

Kayaks: foot pegs or bulk head (snug hips and thighs) – 2min (11:40am)

Strokes: moving the boat versus the paddle, (catch, power, recovery), using torso power, keeping shoulders safe, quite boat, and on target

forward stroke: 2 pool lengths warm-up, video each person from side for 2 flat boat pool lengths, video each person from end for 2 flat boat pool lengths, video each person from end for 4 edged boat pool lengths – 20min (12:00pm)

- 1) Posture
  - 2) Torso rotation
  - 3) Toes to hips
  - 4) Vertical shaft
- look for: forward posture (chest forward, straight back, angle from pelvis), vertical shaft (top hand forehead), torso rotation (sternum toward each knee, torso only, shoulder/clavicle duct tape), elbows maintain some bend while blade in water, in at toes, out at hip, complete catch before power (blade fully in before power), undesirable boat bobble and wag

back stroke: 2 pool lengths warm-up, video each person from side for 2 flat boat pool lengths, video each person from end for 2 flat boat pool lengths, video each person from end for 4 edged boat pool lengths – 20min (12:00pm)

- 1) Posture
  - 2) Torso rotation
  - 3) Hips to toes
  - 4) Vertical shaft
- look for: forward posture (chest forward, straight back, angle from pelvis), vertical shaft (top hand shoulder to eye height), torso rotation (sternum toward each knee, torso only, shoulder/clavicle duct tape), elbows maintain some bend while blade in water, in behind hip (complete catch before power), out at toes, look over shoulder

sweep strokes: 1 warm up full forward and full reverse each side, video each person for 3 flat boat of each type on each side (full forward, full reverse, playboat forward, playboat reverse) – 20min (12:20pm)

- 1) Posture
  - 2) Torso rotation
  - 3) Boat end to boat end
  - 4) Horizontal shaft
- look for: more horizontal shaft (top hand at nose height or lower), torso rotation, power box, forward or neutral posture, shoulder caveat – strength and boat swing weight), components (out, across, in), blade faces (forward – power face, reverse – non-power face) and relationships with elbows

draw strokes: video each person knifing draw half pool length each side, video each person sculling draw half pool length each side – 20min (12:40pm)

- 1) Face work
  - 2) Paddle face to boat
  - 3) Pivot hand
  - 4) Vertical shaft
- look for: vertical shaft, forearm across forehead (top hand relatively quiet), face the work (torso rotated, shoulders with long axis of boat), paddle power face toward boat (elbow relationship with power face), leading paddle edge transitions

bow draw to forward power: carve forward figure eights (video each person doing tight, medium, and wide diameter), vary in water recovery and shaft past vertical to change circle diameters – 20min (1:00pm)

cross bow draw to forward power: forward figure eights (video each person doing tight, medium, and wide diameter), vary in water recovery and shaft past vertical to change circle diameters – 20min (1:20pm)

compound back stroke: shoulder safety caveat, backward figure eights (video each person doing tight, medium, and wide diameter), vary in water recovery to change circle diameters (paddle inside circle) – 20min (1:40pm)

maneuvering: combine strokes for gate maneuvering – 30min (2:10pm)

bracing: video each person holding boat on edge (J-lean) while doing sculling low brace on each side, video each person holding boat on edge (J-lean) while doing sculling high brace on each side – 20min (2:30pm)

- 1) Posture
  - 2) Knuckles
  - 3) Elbows
  - 4) Horizontal shaft
- look for: normal paddling grip, shaft horizontal (no fish spearing), blade faces and elbows (elbows always on power face side, forearms perpendicular to blades), low brace (power face up, elbows above power face), high brace (power face down, elbows below power face), leading paddle edge on rising angle, balance on boat edge (body weight over boat)

rolling: video each person doing rolls (C-to-C and/or sweep and/or back-deck) with or without a paddle position helper

- 1) Calm
  - 2) Knees
  - 3) Body
  - 4) Head
- look for: it's all about the boat (upper body relaxed), paddle at surface, paddle moves through 90 degrees (neutral or rising leading paddle edge,  $\pm$  back arm wrap of boat), joint flex (shoulder safety, back hand doesn't cross sternum, no fish spearing), when the boat rotates versus paddle, body, and head actions, sculling as desired, body finish location (front or back but close to axis of rotation) – 20min (2:50pm)

Rinse boats, skirts, paddlers, and clear the pool area – 10min (3:00pm)

Video critiquing: 3:45pm onward (912 Clark Ave)

Body weight location and boat trim, posture, torso rotation (shoulder line and paddle shaft), joint safety, head position, boat versus paddle motion, shaft vertical versus horizontal, catch, power, recovery, looking, blade faces, elbows, hand positions, edging versus leaning

Main emphasis: strokes and rolls tune-up as needed

Stick the paddle, move the boat. Keep it safe, in balance, and on target.